

An

Inaugural Essay,

On Deranged Menstruation,

For

The degree of Doctor of Medicine,

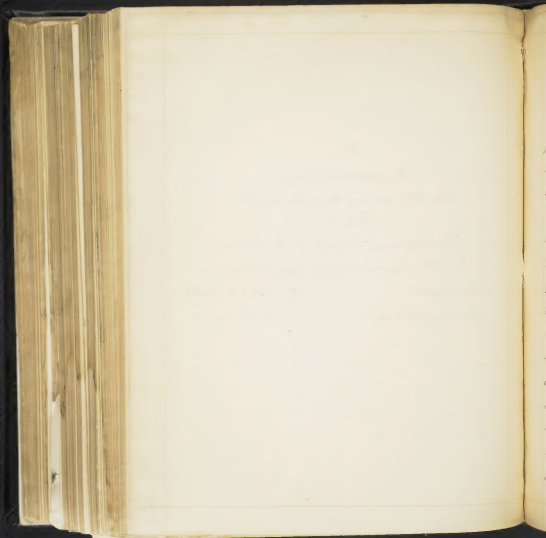
In the University of Pennsylvania,

Philadelphia

By George W. Lindsay

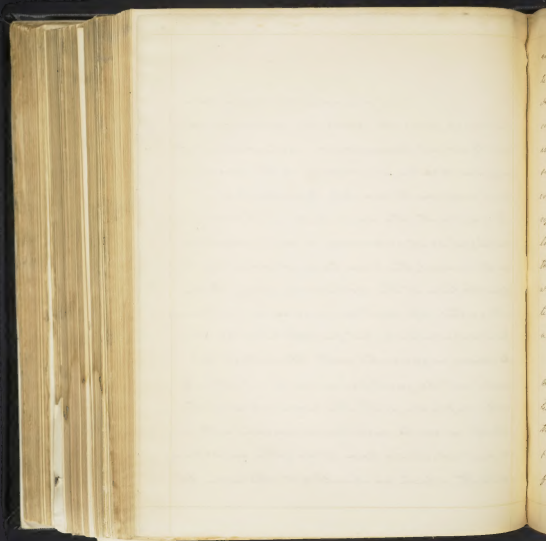
January 28-1868

of Virginia



That very important periodical discharge from the uterus in females, is subject to several derangements, each of which it is of considerable importance to the practitioner of medicine, thoroughly to understand.

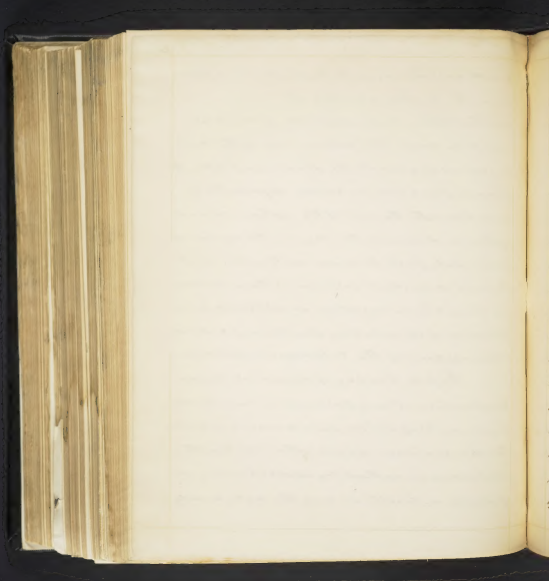
It is not with the vain hope of throwing any new light, or of advancing a single new idea on the subject, that we have chosen it as the foundation of the following essay. Being altogether deficient in experience, and having had comparatively but few opportunities for becoming acquainted with the subject, we could not be justified in such a hope. If while complying with the requisitions of the school, we make ourselves acquainted with a subject which we deem of no little importance, and with which we should not otherwise be



so well acquainted, we shall be amply compensated for the trouble of writing it.

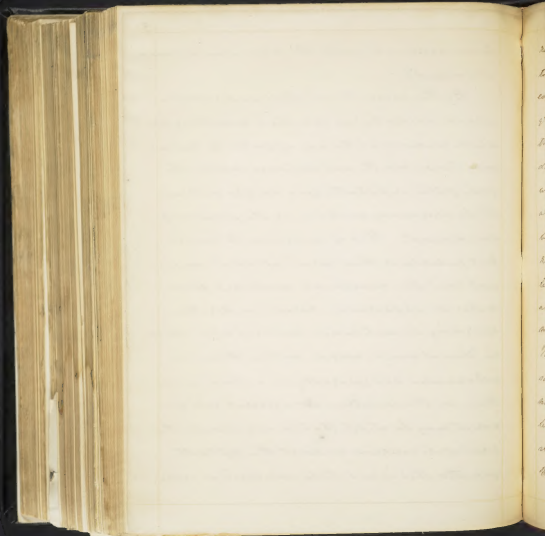
And that these arrangements are of importance cannot be denied. The uterus is one of the most important organs to the female, and like the stomach, has a very extensive sympathetic connection with the rest of the system: so much so, that in diseases of this organ, the system at large rarely fails to become implicated. Not the least important, perhaps, of these diseases, are those which consist in an altered or vitiated action of its secretory functions, producing a derangement of the Catamenial discharge.

Before treating of diseased or deranged menstruation, it may perhaps be best, to mention, in as brief and concise a manner as possible, the circumstances which attend its Healthy performance, so that by understanding its function in health, we may the more readily



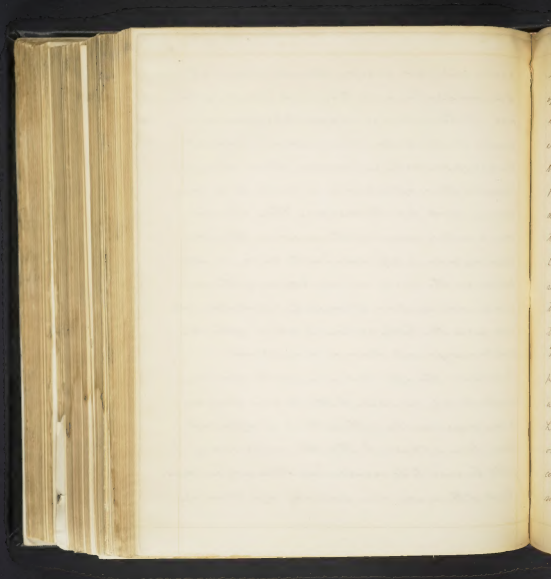
become acquainted with the arrangements, to which it is subject.

By the menses there is to be understood, a periodical discharge of a fluid resembling blood, which commences at the age of puberty, returns every lunar month, and continues untill the forty fifth or fiftieth year unless interrupted by pregnancy, suckling, or the presence of some disease. It is of consequence to remark that puberty, or that period at which we have just said the menstrual discharge first makes its appearance, varies considerably according to constitution, modes of life, climate, &c. Thus it occurs sooner in hot, than in cold climates, and generally in a town sooner than in the country. As a general rule however it may be stated that in our climate, the period of its accession is about the fifteenth year, tho' this is not to be considered an invari-



riable rule, nor is every deviation from it to be considered as a certain indication of disease. Certain changes always take place in a greater or less degree when a woman arrives at the age of puberty, and until these changes do make their appearance, it will be in vain we may look for the menses. These changes are, an enlargement of the mammae, the pubes becoming more or less covered with hair, an alteration in the voice and expression of the countenance and in fine a complete revolution, both as regards the body and mind, which often the most superficial observer may perceive.

To explain the efficient cause of this discharge, so strikingly peculiar to the human female, many ingenious Hypothesises have at different times been advanced, tho: the subject may still be said to be involved in obscurity and doubt. Most of these are now generally rejected and are



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specimens are to be kept in

The first thing I noticed when I stepped out of the car
 was a sense of relief. The air was cool and fresh, a
 welcome change from the stuffy interior. I took a deep
 breath and felt a small smile creep onto my face.
 The world outside was a blur of colors and shapes,
 but I knew I was home. I had been away for so long,
 and now I was back. It felt like a weight had been
 lifted from my shoulders. I looked up at the sky,
 where a few stars were beginning to appear. The
 night was young, and I felt a sense of peace.
 I had made it. I was home.





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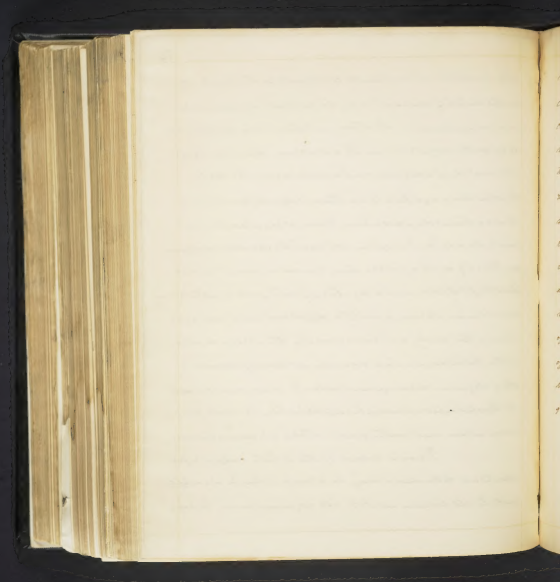






life. However, it is of more consequence to check it, as the debility induced may be followed by more serious consequences. Nothing at this time of life, can be of more importance to a woman than a regular course of exercise and a well regulated diet. By observing regularity in these respects, much may be done towards preventing those irregularities so much dreaded and so often followed by serious consequences. It is by such a course, that vascular excitement is best kept down, and a regularity and just equilibrium maintained throughout the different parts and systems of the body and consequently the irregularities of the Catamenia in a measure at least prevented. Any organic derangement which may occur, should be treated upon principles applicable to each disease, when met with under other circumstances.

From a review of the whole subject, a few practical deductions may be drawn which are applicable to all women under all circumstances. To have



men that by far the most frequent and powerfull
 cause of deranged menstruation is the application of
 cold from imprudent exposure. The impropriety of
 such a course should be made known to the female and
 the influence which prudence in this respect has on
 her health should be impressed upon her. This is the
 more especially necessary, as women are occasionally met
 with who are very negligent on this point, and ~~even~~
 cases have occurred where they have even gone so far,
 as designedly to check the menses, when a party of plea-
 sure has been in view. Could the folly and danger
 of such conduct be duly impressed upon the minds
 of females, many of the strange results of menstrua-
 tion would, we are convinced, be almost entirely
 prevented.

